

NEON

COLOUR YOUR ROW



RECREATIONAL FLUID ROWER

FDF Mix And Match Your Own Indoor Rower

Colour your row with NEON. Guaranteed to illuminate the contemporary home gym, NEON's changeable bright yellow, orange, green and black coloured frame options will appeal to the young fitness enthusiast who cares about style. Engineered from the finest steel and aluminium, this light recreational rower won't disappoint with FDF's structural integrity, patented Fluid Force and unbeatable ergonomics.

With built in transport wheels and compact storage footprint, NEON will electrify any room of the house. You won't find a more affordable indoor rower with a modern edge and pleasing performance.

FDF Illuminate Your Fluid Workout

Designed for progressive training, NEON offers a total body workout for any fitness level. Featuring FDF's patented fluid technology, NEON's twin tank facilitates speed and endurance training allowing the user to find a level of Fluid Force that's challenging. NEON's twin tank simulates the feeling of rowing a boat through water, with a natural catch and constant resistance throughout the stroke, ensuring no dead spots.

Engaging the upper and lower core muscles simultaneously, NEON's flexible colour range will inspire you to train harder and fire up an unbeatable rowing technique.

FITNESS PRODUCTS
INSPIRED BY REAL LIFE



BROWSE THE RANGE [FIRSTDEGREEFITNESS.COM](https://www.firstdegreefitness.com)

PRODUCT HIGHLIGHTS

NEON



- + Mix and match frame colours – yellow, green, orange and black
- + 4 levels of Fluid Force for continuous progression
- + Ergonomic handle to minimise strain on hands, wrists and forearms
- + Multi-level computer with USB connectivity
- + Contoured seat with silent, smooth action
- + Height adjustable footplates and straps for optimal foot placement and comfortable rowing position
- + Compact footprint and vertical storage option – 2070mm [81"] x 520mm [20"], or upright 580mm [23"] x 520mm [20"]
- + Max user weight 150kg [33lb]



MIX AND MATCH YOUR COLOUR



ABOUT FIRST DEGREE FITNESS

When you use a fitness product made by FDF, you will experience a workout that has been inspired by real life. From rowing a boat on water to cycling your favourite track, our designs are engineered to simulate exercise you're passionate about.

Since the launch of our first fluid rower in 2001, we have rapidly developed a reputation as the creators of the world's finest rowing ergometers. Distributed in every continent across the globe, our fluid rower range is trusted and loved by athletes, sports trainers, medical professionals and health conscious individuals.

FOR WORKOUT TIPS AND PRODUCT SUPPORT VISIT FIRSTDEGREEFITNESS.COM



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